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WINNIPEG metro®

City mourns loss of man who brought the Junos to town

Iconic festival organizer Kevin Walters passes away, leaving a large hole in city's music and entertainment community PAGE 2

Journalist gets shocking 7-year prison sentence

Egyptian-Canadian Mohamed Fahmy's optimism shattered by surprise sentence for terrorism-related charges in Egypt PAGE 4

How to reach the beach looking like a pretty peach

Health and fitness experts weigh in on what to do for a respectable beach body in four weeks PAGE 9

DUTCH BRAZIL DOMINANT, BRILLIANT

HOLLAND AND HOST BRAZIL WIN THEIR GROUPS — AND AVOID ONE OTHER IN THE NEXT ROUND — EN ROUTE TO THE KNOCKOUT STAGE, WHILE MEXICO ADVANCES WITH 3-1 WIN OVER CROATIA AND CHILE QUALIFIES DESPITE LOSS PAGE 12

Paramedics suiting up with cops

Manitoba Justice Minister Andrew Swan speaks to advanced tactical paramedic Dan Aitken after the new joint WPS and WFPS Tactical Emergency Medical Support unit was unveiled to media Monday afternoon. SHANE GIBSON/METRO

Joining forces. Special unit to gear up, ride along with police to be seconds away from action during high-risk tactical operations

SHANE GIBSON
shane.gibson@metronews.ca

Winnipeg police and the Winnipeg Fire and Paramedic Service have teamed up to create a unit of paramedics that will be embedded with tactical officers during high-risk emergency operations.

The specially trained paramedic members — part of what is called the Tactical Emergency Medical Support (TEMS) unit — will each carry around 32 kilograms (70 pounds) of medical gear and will be able to provide on-the-spot medical care to police, victims or any others affected during volatile events like raids, hostage takings or active shooter scenarios.

"We'll be deploying with the police officers … and we'll usually be close to, or at the point of entry, depending on what the situation is," explained Dan Aitken, one of the 10 newly trained advanced tactical paramedics who started the job Monday.

"A lot of the injuries we're going to expect are going to be combat pattern-type injuries."

Assistance needed

In 2013, the Winnipeg Police Service's Tactical Support Team engaged in 155 tactical operations where an ambulance was requested.

SOURCE: THE CITY OF WINNIPEG

Until now, ambulances and paramedics were positioned within blocks of where the WPS Tactical Support Team members were operating.

"Our goal is (now) to be, hopefully, within 30 seconds to a minute of reaching any potential patient," said Aitken, who isn't concerned about going unarmed into dangerous situations because two armed officers will accompany each paramedic. "We'll be well watched."

The TEMS unit is a one-year pilot project funded by both the Winnipeg Police Service and the Winnipeg Fire Paramedic Service, with $20,000 coming from the province's Criminal Property Forfeiture process.

"The safety of officers, the safety of victims of crime and the safety of general citizens is paramount," said Justice Minister Andrew Swan.

"And the ability of having a specially trained unit present … where police are involved in high-risk takedowns or other procedures is a good thing."

U of W president

Community stage on Ellice named after Lloyd Axworthy

The accolades keep comin' for Lloyd Axworthy, even as the University of Winnipeg president and vice-chancellor prepares to move on to a chancellor's role at the University of Waterloo.

The former statesman has been honoured with a community stage named after him.

The Saigon Park Community Stage is now named the Axworthy Community Stage. It's located on Ellice Avenue.

The University of Winnipeg provided a sponsorship contribution to go toward supporting the stage for the next 10 years.

"The University of Winnipeg has deep roots in the inner city and West End neighbourhoods, which are among the most diverse communities in Canada, and Saigon Park reflects and values this global village feeling," said Axworthy in a news release.

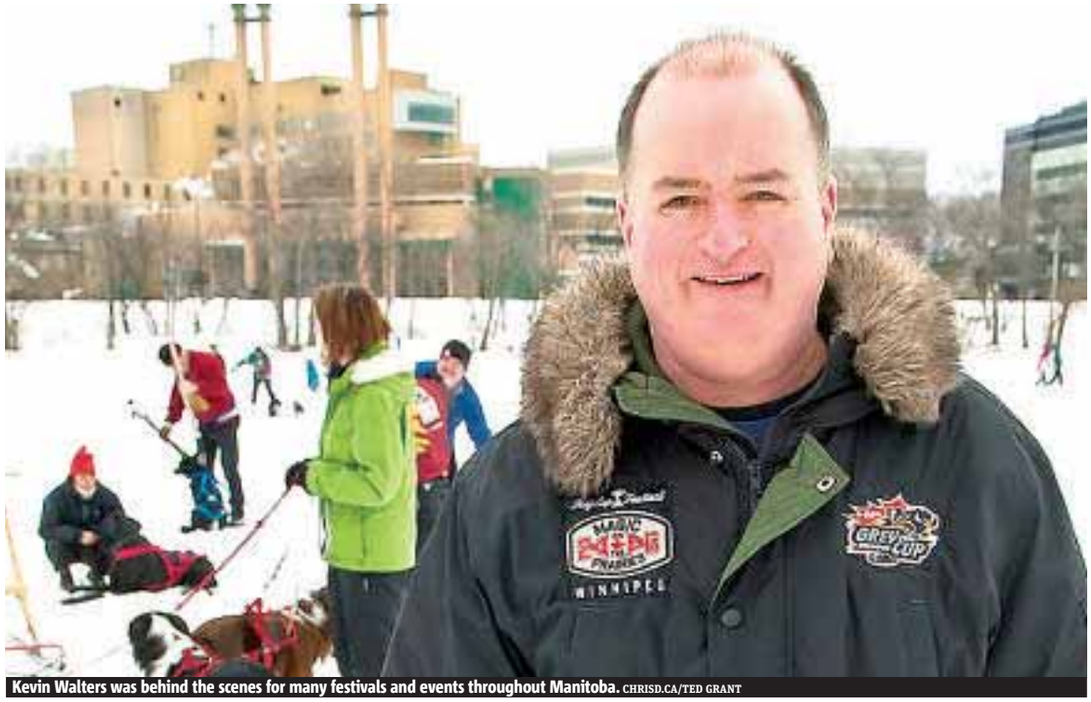
"It is my deep honour to be associated with this park.

"UWinnipeg looks forward to our continued partnership with the community and hosting events and celebrations on this stage."

METRO

Online

For more news, visit metronews.ca



Kevin Walters was behind the scenes for many festivals and events throughout Manitoba. CHRISD.CA/TED GRANT

Local music community mourns festival organizer

Behind the scenes. Kevin Walters worked hard to bring everything to Manitoba, from the Juno Awards to BBQ and Blues

SHANE GIBSON
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Winnipeg's music and entertainment community is mourning the loss of the man who brought the Junos to Winnipeg, twice, put together the line-up that kept the Queen entertained during her trip to our city and organized countless festivals and shows.

Kevin Walters died Monday morning after a battle with cancer.

"He was ubiquitous — he was everywhere in the community," said Kenny Boyce, Winnipeg's manager of film and special events, who worked closely with his friend Walters for the last 15 years. "He had a keen sense of understanding about the local music industry.

"And he was also very generous in giving time to emerging talent and showcasing them, not only to Canadians, but around the world."

Walters was the manager of sound programs at Manitoba Film and Music for 11 years. He was an organizer for Culture Days, the Winnipeg BBQ and Blues Festival, chair of the Winnipeg Host Committee for the 2004 Juno Awards and most recently was the managing director of the 2014 Junos.

In 2011, Walters was presented with the Manitoba Communicator of the Year award.

"He forged important relationships across this country and everybody knew Kevin," explained Boyce. "He was always with a smiling face and he had a keen sense of reading the room.

"He could tell you how the act was going to go by the end of the night at the very first song."

Former Jet. Charges against Thomas Steen put over until July 14

A first court appearance for a Winnipeg city councillor and former NHL player accused of domestic violence has been put over for three weeks.

A lawyer appearing on behalf of former Winnipeg Jet Thomas Steen asked for the case to be put over to July 14.

Steen, who is facing two counts of assault and one count of uttering threats, did not appear in court.

He took a brief absence from council when the charges were first laid but has since returned.

Steen has removed himself from the Winnipeg Police Board while the charges make their way through the courts.

He is accused of assaulting a woman at a Winnipeg restaurant May 1, and has been released on conditions that he not contact the alleged victim and abstain from alcohol and other intoxicants.

THE CANADIAN PRESS

Alcohol not a factor

No charges after three-year-old boy struck and killed

No charges have been laid after a three-year-old was struck and killed by a vehicle in the Daniel McIntyre neighbourhood Sunday afternoon.

The boy was rushed to hospital in critical condition, where he later died. The driver immediately stopped and called 911 and has been interviewed by police. Speed and alcohol are not being considered factors. METRO

Theft. Police want to reunite Winnipeggers with their stolen bikes

Has your bike been stolen this spring?

Winnipeg police may be able to put your feet back on your pilfered pedals.

Cops want Winnipeggers who had their bikes stolen from April 1 to June 16 to send them a photo of their rides after the recent arrest of an alleged thief caught selling bikes at pawnshops.

"Any picture is a good picture, as far as investigators are concerned," explained police spokesperson Const. Eric Hofley, who said the force has 18 bikes they're looking to find owners for. "Those bikes that (investigators) can't find owners for, then there's no charge because you can't prove they were stolen."

Hofley said the bikes could have been stolen from anywhere in the city.

Photos of stolen bikes can be emailed to police at wpsmissingbikes@winnipeg.ca.

SHANE GIBSON/METRO

Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS

Heckler apologizes for sexist comments

Hooting and hollering. Japanese assemblyman comes forward after officials scramble to ID man who made remarks at fertility presentation

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed by laughter and more heckling, including, "She must be single" and "Can't you even have babies?"

Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage and having fewer children," he said.

"But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues of opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly. THE ASSOCIATED PRESS

Radiation-fighting pills proposed for accidents

For the first time, Canada's nuclear watchdog is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes.

The thyroid glands are the most susceptible to absorbing radiation that is ingested or inhaled, especially in younger children.

The safety commission has been consulting with various groups, including environmentalists and nuclear licence holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population.

Quoted

"This is a good step towards catching up with other countries; Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution … will be made" within the 10 kilometre zone.

THE CANADIAN PRESS

TRANSIT TUESDAY
Weekly Transit News Update

WINNIPEG TRANSIT SUMMER SCHEDULE NOW IN EFFECT

Just a reminder, the following transit routes are now operating on a summer schedule: 3 Downtown Spirit, 14 Ellice – St. Mary's, 18 North Main – Corydon, 19 Marion – Logan – Notre Dame, 21 Portage Express, 22 Assiniboia Express, 24 Ness Express, 25 Ness Super Express, 28 Brookside Express, 55 St. Anne's, 78 Crosstown West, 99, 163 Waverley Heights Express. For complete route and schedule information, please visit winnipegtransit.com or call 311.

GOING TO THE BOMBER GAME?

Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular and extra service buses will be lined up on Chancellor Matheson heading west towards Pembina. There will be no charge to passengers for these post-game routes, as fares will be covered by the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information. Don't forget, there are eight Park & Rides locations throughout the city, for non-stop service to and from Investors Group Field. This service is operated by First Student Canada. Visit bluebombers.com for more details.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

ABORIGINAL BUS OPERATOR RECRUITMENT

Are you interested in permanent employment as a Bus Operator? Winnipeg Transit is looking for 8 to 12 Aboriginal youth to attend a fully paid, 6-week training program. If you are an Aboriginal youth, 18 to 30 years of age, hold a valid Class 5 driver's licence and would like a stable and rewarding career with great benefits, visit winnipegtransit.com and submit your application on or before July 31, 2014.

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Applications Accepted Between July 1 - 31, 2014
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dsais@winnipeg.ca

Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help.'
Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation

RUTH DAVENPORT
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age … is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-destruction.

Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

"I did try to seek help, and (child welfare) did send someone … but it took two weeks for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more … people that are there to feel sorry for her than want to really get down to the issues."

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."
Mother of alleged teen prostitution victim

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Shock. Egyptian-Canadian journalist given stunning 7-year prison sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week … he was extremely optimistic."

To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

Journalist Mohamed Fahmy sits in the defendant's cage in Cairo, Egypt, Monday. AHMED ABD EL LATIF/EL SHOROUK NEWSPAPER/THE ASSOCIATED PRESS

After Monday's verdict, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president … call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

Take this Ringly as a sign of my love for my phone?

Commitment. For those looking to take things with their smartphone to the next level, comes a Bluetooth-connected ring

In a serious relationship with your smartphone? Put a Ringly on it. RINGLY

The first wearable tech-smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The New York-based boffins behind the band say it's designed to help women discreetly stay on top of hectic social and professional engagements without the need to constantly check their phone.

The 18-karat gold-plated gadget inlaid with a choice of four semi-precious stones — black onyx, rainbow moonstone, pink sapphire and emerald stone — features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercando tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

One day after work I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

The ring sends an alert if the wearer strays too far from her smartphone. Is this made for the forgetful and absent-minded?

Nowadays we have to worry about so many things: wallets, keys, metrocards and phones. There have been many occasions when I leave the house without my phone so we decided to build in a feature that would solve this as well. The range of connection to your phone is around 20 feet, and if you walk too far away from your phone or leave it behind Ringly will notify you that you are out of range.

Do you not think that a ring that lights up and vibrates could be distracting?

We wanted to make the technology as discreet as possible, so when your Ringly is sending you a notification through vibrations and light, only the wearer notices because it's so subtle. I've been out many times wearing my Ringly and I'll receive a notification, and no one notices but myself. I like to refer to it as glanceable UI — you can glance at it and know what's going on, but it's unobtrusive.

METRO WORLD NEWS

Not three-months salary

$260

Ringly rings cost anywhere from $145 US for early online orders, to $260 retail for the emerald ring.

Germany. Robot 'Ray' is the valet of the future

Got a plane to catch and don't feel like hunting for parking?

Travellers at Dusseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

Thomas Koetter says all travellers need to do is leave their car in a designated area, and confirm it's empty and ready to go.

Then Ray or one of its cybernetic colleagues will take the car to one of 249 parking spaces reserved for robots.

Koetter says the forklift-like machine can carry any standard car weighing up to 3.31 tons and is fully insured.

He says the service, costing $39.43 US a day, targets busy business travellers, but is open to anyone.

THE ASSOCIATED PRESS

Parking robot "Ray" transports a car in Germany Monday. THE ASSOCIATED PRESS

Made by Takata

Defective airbag recall spreads across America

A recall of defective airbags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their airbag inflators could rupture. If that happens, the airbags might not work properly in a crash, and shards from the ruptured system could fly out and cause injury. In each case, the airbags are made by Japanese supplier Takata.

The government opened an investigation this month after getting six reports of airbags rupturing. It estimates 1.1 million vehicles in the U.S. could be affected.

THE ASSOCIATED PRESS

Market Minute

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TSX
15,105.63 (-3.34)

OIL
$106.17 US (-$0.66)

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SORRY, PANTENE, I'M NOT BUYING IT

SHE SAYS

Jessica Napier
metronews.ca

Pantene wants women to stop saying, "Sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with pro-v antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin but they're also trying to cash in on our insecurities. We buy hair spray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly-apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

#thisisnotwhatfeminismlookslike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

ZOOM

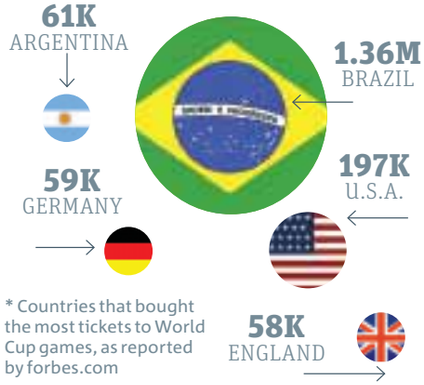
Futbol and fancy dress

ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED

GETTY IMAGES

While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*



* Countries that bought the most tickets to World Cup games, as reported by forbes.com

Least hooligan-y

- Japanese fans scored top points at this World Cup from the clean-up crew, after tidying up after themselves and leaving stands immaculate.

Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by the White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 7 in Scene and page 12 in Sports

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The man who runs with bees

ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)

SCREENGRAB

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How Banks found salvation in dark R&B

Musical catharsis. Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT
Metro World News in London

Banks' debut album, out in September, is called Goddess. GETTY IMAGES

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album Goddess drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat. "I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden all of these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B. Her writing is an emotional confessional, apt from an artist who has a bachelor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release Before I Ever Met You to be dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song. But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated Before I Ever Met You as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie Divergent.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him [Zane Lowe]," Banks gushes.

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song Waiting Game.

→ See the full instructions on Metro's Voices page.

DVD review

Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Melanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to Enemy, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in Enemy, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

SCENE

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Dancing with the suitors: JLo appears to be getting jiggy with new man

Jennifer Lopez and Dancing with the Stars pro Maksim Chmerkovskiy aren't doing much to dispel rumours that they've recently started dating, if their recent night out at Connecticut's Foxwoods Casino following one of Lopez's concerts is any indication. "Maks was whispering into her ear and hugging her. They looked very flirty together," a source tells Us Weekly of the pair's time spent in the VIP area of the casino's Shrine nightclub. "She had a huge smile on her face and looked like she was having a great time."

Twitter

@KevinHart4real
Ladies my new nickname is "Bam Bam" and "The BULDGE" you know why if you saw "Think Like A Man Too" this past weekend!!! Lmfao

@ElizabethHurley
Just picked the perfect English rose on a perfect English day

@therealroseanne
leftys and rightys r both wrong.

Lindsay Lohan GETTY IMAGES

London's calling Lohan, but it looks like Kate Moss won't be on the line

If Lindsay Lohan is looking to make her move to London permanent, she's not off to a good start with the locals. Lohan reportedly drew the ire of Kate Moss after reaching out to Moss' husband, musician Jamie Hince, upon her arrival across the pond, which apparently upset the British supermodel, according to the Sun. Tensions came to a head during a recent run-in between Lohan and Moss at a London restaurant where Moss "was ranting about it to fellow diners," a source says. "The argument went on for a while, and Kate seemed extremely annoyed with Lindsay. People around them noticed it was going on."

Too many bucks to get Matthew back in the buff?

Matthew McConaughey GETTY IMAGES

Yes, there will be a Magic Mike sequel, but don't expect Matthew McConaughey to show up for this one. "Word has it Matthew is probably not going to be involved in this one because he's worth a lot of money," co-star Gabriel Iglesias tells Dish Nation. "That whole Oscar thing. The nerve, right?" Iglesias explains that while he hasn't seen the full finished script yet, what he has seen so far does not include McConaughey's character. "All they're telling me — because they haven't shown me the whole script yet — is that they're taking the show on the road," he says. "So something tells me it's not going to be shot in Florida like the last one."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB
Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film The Interview, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11, and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans.

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's $$$, but when you can, buy organic

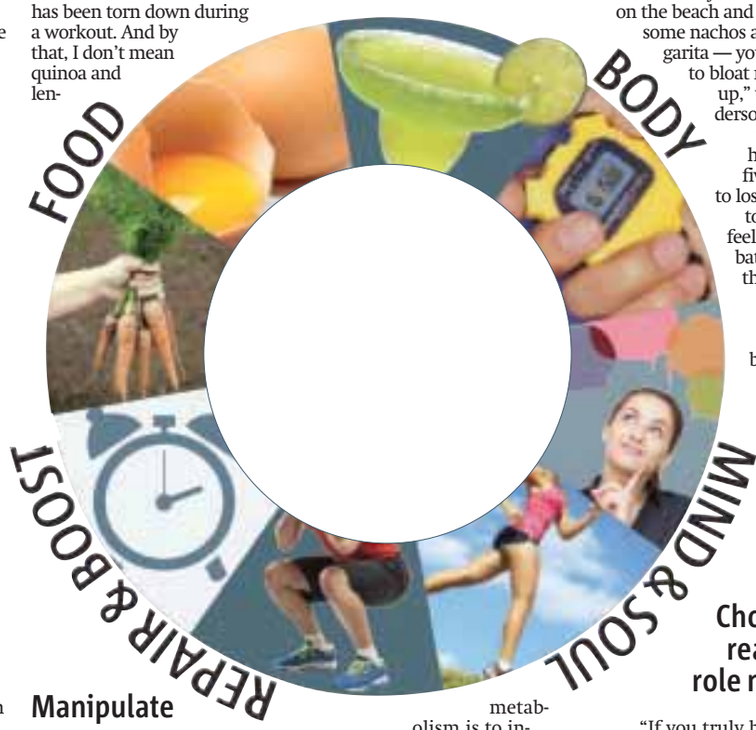
You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but … seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Be your body's boss

"Your body weight is always going to fluctuate. This means that as soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose in order to look and feel great in a bathing suit, then aim to shed 10." This will give your body more leeway when it comes to indulgence.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of Total Body Transformation, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.

NEED COOL DESIGN TIPS?
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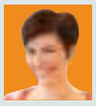
umwalchu@myumanitoba.ca (preferred) or 204-997-5286

Sweeten soup pot for red lentil day

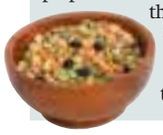
Affordable family food

Ancient crop packs a one-two punch



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.



Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.
- **Green lentils:** Firm, larger pods great for cold salads.
- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

FLASH FOOD

From your fridge to your table in 30 minutes or less

You can feed a family of four for under $2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

This recipe makes four servings. THERESA ALBERT

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

University of Manitoba
Richardson Centre for Functional Foods and Nutraceuticals

Does Dairy Intake Improve Your Heart Health?

ABOUT US

The Richardson Centre for Functional Foods and Nutraceuticals (RCFFN) is conducting a nutrition study to investigate the effects of dairy consumption to improve heart health.

PARTICIPATE

Volunteers who meet the following criteria are invited:

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✔ Age 18-65
✔ Non smoker
✔ Slightly Overweight

Participants will be compensated for their contribution to this study. Dairy products and diets will be provided for daily intake upon participation.

Call for the dates of our screening sessions. (204) 298 5483
Peter Jones, Principal Investigator - University of Manitoba
196 Innovation Drive dairyhdl@umanitoba.ca • www.rcffn.ca

Baked fries get a kick from orange curry dip

As kids grow, their willingness to try a variety of flavours grows, too. But kids' and teens' palates, can be easily overwhelmed, so pairing known foods with newer tastes is the way to go. This orange citrus and curry dip has a subtle flavour kick that will introduce young eaters to the sweet-savoury combination in a familiar way — after all, most kids won't turn down French fries. A mildly sweet orange dip with just a hint of curry is the perfect dipper for oven-crisp sweet potato fries. This dip is also great with cut-up veggies and crackers!

This recipe makes four servings. NEWS CANADA

Directions

1. Peel and cut sweet potatoes into 1/2-inch (1 cm) thick slices. Toss with oil, salt and pepper.

2. Bake on two parchment-paper-lined baking sheets on bottom and middle racks of 425 F (220 C) oven, switching and rotating sheets and tossing once, until tender and edges are browned and crisp, 30 to 35 minutes.

Ingredients

Potatoes

- 3 large sweet potatoes
- 1 tbsp. olive oil
- Pinch each salt and pepper

Dip

- 1/3 cup light mayonnaise
- 1/3 cup sour cream
- 4 tsp Minute Maid Frozen Original 100% Orange Juice concentrate
- 3/4 tsp curry powder
- Pinch each salt and pepper (to taste)

Orange Curry Dip

1. Meanwhile, in bowl, whisk together mayonnaise, sour cream, Minute Maid Frozen Original 100% Orange Juice concentrate, curry powder, salt and pepper until smooth. Serve with fries.

NEWS CANADA/MINUTE MAID

New bench boss

Desjardins picks Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canuck teammates. It's the first NHL head coaching job for Desjardins, a 57-year-old native of the tiny village of Climax, Sask., who most recently led the AHL's Texas Stars to a Calder Cup championship. THE CANADIAN PRESS

Welcome back, R.J.

R.J. Umberger returning to Philly

The Philadelphia Flyers acquired R.J. Umberger and a fourth-round pick in the 2015 draft from the Columbus Blue Jackets on Monday, in exchange for Scott Hartnell.

Umberger makes a return to the Flyers after spending the past six seasons with Columbus. THE ASSOCIATED PRESS

Staying put in Montreal

"I'd like to stay for the rest of my career. I've never known (free agency), but it doesn't matter."

Andrei Markov agreed to terms on a $17.25-million US, three-year contract extension with the Canadiens — his only team in his NHL career — on Monday.

Julian Feoli-Gudino 'a receiver at heart'

CFL. Former Argo hopes to make the move from special teams with Bombers

Winnipeg Blue Bombers' Julian Feoli-Gudino scores a touchdown against the Toronto Argonauts' during the first half of preseason CFL action in 2013. This season the former Argo is hoping to see more use on offense. THE CANADIAN PRESS

Receiver Julian Feoli-Gudino got on Winnipeg head coach Mike O'Shea's good side when they were both with the Toronto Argonauts.

O'Shea, Toronto's special teams co-ordinator last season, has made it clear how important he thinks special teams are in the Canadian Football League, and he wants players who know that and be ready to step in when called.

And during his two seasons with the Argos, Feoli-Gudino says his role included a lot of special teams.

"I learned to play on special teams, something that I had never done before, and I think it helped me stick in the league," says the native of Costa Rica, who grew up in Montreal and played CIS football at Laval.

"With Coach O'Shea I learned a lot. I used to be only a punt returner but I learned all the positions on special teams so that helped me out a lot."

And he knows it likely helped him land his current job, where he is likely to see more use on offence as well.

"On that aspect of the game he knew what I could bring to the Bombers and he knows I could be a reliable guy if he needs me to get in on special teams. I think he saw also what I could do on offence."

Feoli-Gudino joins Canadian receivers Cory Watson and Rory Kohlert on a team that is pretty thin on what the CFL is calling the "national" side this season.

He celebrated his 27th birthday on the weekend, as well as the fact that he survived the big round of cuts and secured a place on the team's 46-man roster.

He saw a fair amount of receiver action at training camp and caught two passes for 29 yards and a touchdown in Winnipeg's opening preseason loss to the Argos.

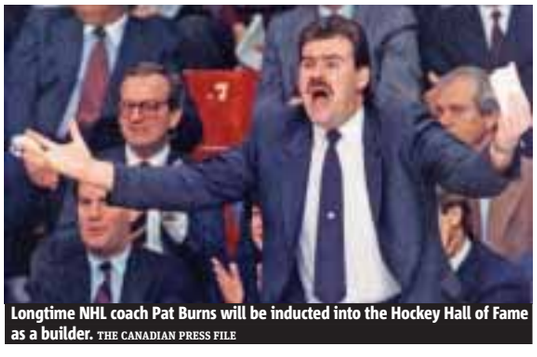
"I've always been a receiver at heart. It's something that I love to do, catch the ball and make plays," he said.

He said he tried judo before he found football, but seems to have made the right choice. THE CANADIAN PRESS

Desperate for success

The Bombers need success and need it fast after finishing last season with just three wins. Season ticket sales are down perhaps 3,000 and, while the numbers would still thrill some CFL teams, the Bombers have to pay the mortgage on their new stadium.

Doors to Hall of Fame finally open for Burns



Longtime NHL coach Pat Burns will be inducted into the Hockey Hall of Fame as a builder. THE CANADIAN PRESS FILE

Four years after his death, Pat Burns will get the long-awaited honour of being inducted into the Hockey Hall of Fame.

The three-time Jack Adams Award-winner who coached the Canadiens, Maple Leafs, Bruins and Devils and won a Stanley Cup with New Jersey, was selected on Monday as part of the six-member class of 2014. Joining Burns are players Rob Blake, Peter Forsberg, Dominik Hasek and Mike Modano and referee Bill McCreary.

Burns goes into the Hall of Fame as a builder, one year after the late Fred Shero was inducted into the category.

Induction night

The six-man class of 2014 will be inducted Nov. 17.

Blake, a native of Simcoe, Ont., won gold for Canada at the 1997 world championships and 2002 Olympics and a Stanley Cup with the Colorado Avalanche in 2001. The defenceman had 777 points in 1,270 regular-season games.

A teammate of his on the 2001 Avalanche, Forsberg also was on Colorado's 1996 cup-champion team. Forsberg finished with 885 points in 708 games and won a Calder, a Hart and an Art Ross Trophy, though his career was cut short by injuries.

Hasek, a former Senator, won the Vezina Trophy as the NHL's best goaltender six times and the Hart Trophy as MVP twice, all with the Buffalo Sabres. He won the Stanley Cup twice with the Detroit Red Wings. THE CANADIAN PRESS

4 SPORTS

Like clockwork for Oranje

Van Gaal's touch. Benchers Fer and Depay score in 2-0 win over Chile to put Holland atop Group B

Two substitutes, two goals.

It seems Netherlands coach Louis van Gaal can do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay.

"We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no answer at the Itaquerao Stadium, especially not without midfielder Arturo Vidal who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

THE ASSOCIATED PRESS

The Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their Group B World Cup soccer match at the Itaquerao Stadium in Sao Paulo, Brazil, Monday. The Netherlands won 2-0 to finish the group stage with a 3-0 record. Scan the image with the Metro News app for additional photos from Monday's matches.

FELIPE DANA/THE ASSOCIATED PRESS

Group B

Spain saves face in farewell win over Australia

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in its last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"It's sad because we would have liked to have spent more time here, but that's how it is," said the 32-year-old Villa.

THE ASSOCIATED PRESS

DOWN-SET
Shop!
Park and Ride from the south east parking lot of
Garden City Shopping Centre to the
Winnipeg Blue Bombers versus Ottawa RedBlacks
game on July 3rd.
Drop by Centre Court
now until June 26, 2014
and enter for a chance to win
two tickets to the game.
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Leading scorer. Neymar's pair of goals helps Brazil tame Cameroon Lions

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

He opened the scoring off a low cross by midfielder Luiz Gustavo in the 17th, deftly side-footing the ball home from close range, then restored the lead with a low right-foot strike from the top of the penalty area in the 35th after a pass by left back Marcelo.

"If I'm not mistaken this is our best game yet," Neymar said. "Everyone deserves congratulations for their efforts until the end."

Fred found the net in the 49th and the substitute Fernandinho struck in the 84th.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference.

Playing in its 100th World Cup match, Brazil needed at least a draw to advance. Elimination in the group stage would have been unthinkable for the five-time world champions playing at home. The only team to play in all 20 World Cups, Brazil has advanced to the second round in every tournament since 1970. THE ASSOCIATED PRESS

Brazil players celebrate scoring against Cameroon in Brasilia, Brazil, Monday.

DOLORES OCHOA/THE ASSOCIATED PRESS

Group A

Mexico advances with solid 3-1 win over Croatia

Mexico surged into the World Cup's knockout stage for a sixth-straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia side to elimination.

The Croats had to win and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico needed only a draw and looked dangerous in attack, but was kept out until the three-goal burst.

THE ASSOCIATED PRESS

Mexico's Andres Guardado

GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

♉ Taurus
April 21 - May 21
If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

♊ Gemini
May 22 - June 21
The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

♋ Cancer
June 22 - July 23
Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

♌ Leo
July 24 - Aug. 23
Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

♍ Virgo
Aug. 24 - Sept. 23
You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

♎ Libra
Sept. 24 - Oct. 23
The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

♏ Scorpio
Oct. 24 - Nov. 22
You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

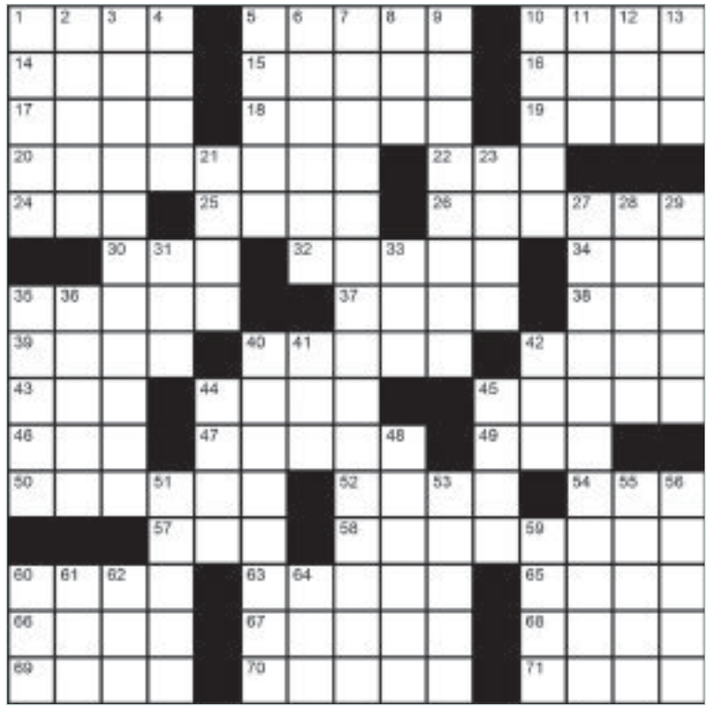
♓ Pisces
Feb. 20 - March 20
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's ___-way street."
15. Royal __ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. __ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, __ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: __ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"
57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French
66. Count __ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

Down

1. Venemous snake, Black __
2. "Cut ___!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative
9. CASL = Canada's __-__ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence __ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam __, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges __ (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for __ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
					4			3
			9	3		8	2	
2	5					7		

Yesterday's Sudoku

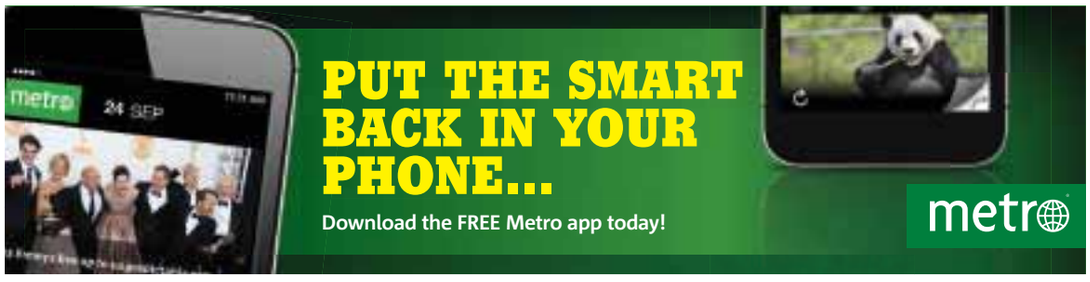
7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 19° MIN: 11°	MAX: 22° MIN: 8°	MAX: 24° MIN: 10°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

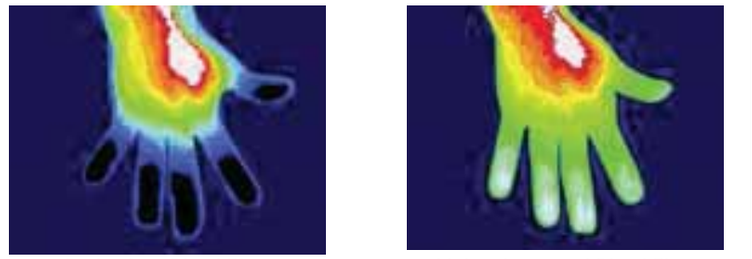
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40® daily

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body’s circulation
- Improve artery health

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